

MARCH 1987

# THE MONROE INSTITUTE BULLETIN

RT. 1, BOX 175, FABER, VA. 22938 • (804) 361-1252

## BUDDY, CAN YOU SPARE SOME TIME?

In our continuing efforts at THE MONROE INSTITUTE (TMI) to make all our offerings more useful to our membership, we are asking readers of the "TMI BULLETIN" to take a more active role in producing this quarterly publication. We're introducing several new columns that, if they are to be successful, will require your input. If you have a literary bent, we welcome your poems and prose for the "Reflections" column. If you've discovered new ways to apply HEMI-SYNC to your daily life, let us know, and we'll print them in a "Practical HEMI-SYNC" column. Or, if you have questions regarding your HEMI-SYNC tools or your experiences, please forward them to TMI for a "Q & A" section. If your mind works in mysterious ways, you might want to submit a puzzle for the new "Hemi-Think" feature beginning next quarter. All material for the "TMI Bulletin" should be addressed to: Leslie France/TMI/Rt. 1, Box 175/Faber, VA 22938. Help us have FUN with your bulletin!

## GATEWAY VOYAGE NETWORK

The Gateway Voyage Network is continuing to take the special five-day Voyage program "on the road". Here are the current offerings through July of this year:

NORTHERN CA  
Villa Maria Del Mar  
Santa Cruz, CA  
March 22-27

NY, NJ, PA  
Kirkridge in the Poconos  
Stroudsburg, PA  
April 5-10

SOUTHERN CA  
Sky-High Ranch  
Lucerne Valley, CA  
May 2-7

NORTHWEST U.S.  
Center for Renewal  
Issaquah, WA  
June 7-12

NORTHERN CA  
Presentation Center  
Los Gatos, CA  
July 5-10

The NETWORK is also planning a VOYAGE in the Denver area, dates and details still in the works.

For an application, additional information, or suggestions regarding a VOYAGE in your area, contact:  
THE GATEWAY VOYAGE NETWORK  
Rt. 1, Box 175T  
Faber, VA 22938  
804-361-1127

## REFLECTIONS

The purpose of this column is to offer our membership an opportunity for creative expression. We encourage you to use this forum for sharing your thoughts, hopes and ideas, serious or whimsical, in verse or essay, on subjects relating to the limitless field of human consciousness.

So let those creative juices flow, and send your efforts along to us! We only ask that you stay within the bounds of good taste (tweaking noses and/or being slightly risque' is ok, but we don't want to seriously offend anyone) and reasonable length. To get the ball rolling, a member of our staff (who wishes to remain anonymous) submitted this poem for your perusal.

### The Thread

Within the fabric of the Universe,  
There is the thread of Understanding.  
A thread finer than silk -- stronger than steel.  
Look not within the warp of time,  
Look not within the weft of space,  
To find the thread.  
For the wheel upon which we spin the thread is pure energy;  
The loom upon which we weave it is unbounded creativity;  
The shuttle -- thought.  
Your intricate tapestry, rich in color and creative flow,  
Is different from mine --  
Yet they share the common thread.  
We cannot use another's loom, nor change a pattern not our own...  
But we can sew our tapestries together into a larger whole,  
With that thread of Understanding,  
And a needle made of Love.

### SEEKING PERSONAL GUIDANCE

This new EXPLORER TAPE, "Seeking Personal Guidance" (#32), is somewhat different from previous EXPLORER excerpts. During a recent GUIDELINES program, Explorer ROMC came as a guest speaker.

With Bob Monroe serving as monitor, two non-physical entities spoke through ROMC to the participants. The results are not only entertaining, they also convey some very illuminating insights about getting in touch with inner guidance.

### "BECOME THE SONG"

TMI is now offering "Become the Song," an audio cassette of heart

stirring and mind stimulating songs that have been written, produced and performed by New Age Singer/Songwriter Alan Phillips. Originally composed on acoustic 12-string guitar and piano, they have been beautifully arranged with a colorful variety of orchestral and synthetic sounds. Alan brings a unique style and message through the medium of song in a way that gracefully reveals the years of consciousness study and personal growth that inspired these compositions. Whether listened to purely for relaxation and pleasure or for philosophical intrigue, "Become the Song" is sure to be treasured for years to come for the listening enjoyment and personal insights it evokes from its listeners. Available through TMI for \$9.95 plus \$2.00 shipping.

## **REACHING OUT**

The Gateway Outreach (GO) program is a network of accredited GO Trainers throughout the United States and other parts of the world, who offer 2-day Hemi-Sync workshops called Excursions. The Excursion allows participants to experience levels of consciousness through Focus 12 - the expanded state of awareness. Combining taped exercises, group discussion, workbook exercises and short lectures, the Excursion provides an opportunity to become familiar with the Hemi-Sync technology and to build a repertoire of tools and techniques which can be integrated into one's daily activities.

The following Excursion Workshops are scheduled for the next few months:

Walnut Creek area, CA  
April 4-5, 1987  
May 2-3, 1987  
Contact Margaret Buck  
Stress Options  
415-933-2718 or  
415-283-51~~75~~75

Beverly, MA  
April 11-12, 1987  
and  
Excursion Weekend Retreat  
Ipswich , MA  
May 1-3, 1987  
Contact John Dumais  
Awareness for Living  
617-922-0985

Lutz, FL  
March 7-8, 1987  
April 4-5, 1987  
Contact Franceen King  
Self-Awareness Institute  
813-971-8808

Barnard, VT  
March 9, & 16, 1987  
March 21-22, 1987  
April 11-12, 1987  
April 25-26, 1987  
May 9-10, 1987  
May 23-24, 1987  
Contact Peggy Madden  
802-234-5144

New York, NY  
March 7-8, 1987  
Contact Allessyn Moore  
212-967-8921

New York, NY  
March 7, 1987  
April 4, 1987  
May 2, 1987  
Contact Ruth Morrison  
718-229-0446

Cincinnati, OH  
April 4-5, 1987  
Contact Connie Stafford  
513-351-7111

*For more information on GO Trainers in your area, or about becoming a GO Trainer, contact Leslie France at the Institute.*

## **GO KUDOS**

This issue's GO TRAINER OF THE QUARTER is no stranger to the Gateway Outreach Network. His dedication to the personal success of each GO Trainer is evidenced by his offer to publish GO!OD VIBRATIONS - a newsletter linking Trainers in the field. Since his accreditation in May of 1986, he has trained 32 Excursion participants and has programs scheduled through this spring.

We are pleased to acknowledge John Dumais for his outstanding outreach efforts to provide the public with experiences of value through the Excursion Workshop, for his seasoned professionalism, and his clarity of intent.

## KUDOS (cont'd)

John has a degree in Psychology from Harvard College. His background is in counseling, program development, writing and metaphysical studies. He currently offers programs through his organization, Awareness for Living, in Beverly, Massachusetts.

Our heartiest thanks and congratulations, John, for a job well done!

## RENO GATEWAY & WEEKEND

The Joy Lake Mountain Seminar Center near Reno, Nevada will be hosting a GATEWAY WEEKEND and a GATEWAY VOYAGE in June of '87. The dates for the WEEKEND are June 5-7, 1987, and for the VOYAGE, June 8-14, 1987.

Bob Monroe will be present for lectures and question and answer sessions in the evenings.

The Joy Lake Center is located in the rural Sierra foothills 20 miles south of Reno and boasts a quiet forest setting, a man-made lake, footpaths, llamas and peacocks.

For reservations and/or additional information contact:  
Alan Morvay, Director  
P.O. Box 1328  
Reno, NV 89504  
702-323-0378

## THE ULTIMATE JOURNEY

The Ultimate Journey is the working title of Bob Monroe's new book. The following interview deals with Bob's thoughts on this new project, which he says is currently "fairly well outlined."

*Q: What is the ultimate journey?*

*A:* That's the trip we all take when we exit this reality system -- I don't like to use the word death because of the negative implications it has in our culture. I've been developing the structure and tone of this book the same way I developed the structure and tone of Far Journeys: by sharing tidbits of it with GATEWAY VOYAGE participants during my evening presentations and seeing how they swallow and digest the concepts. The problem in writing such books is not in the knowing of the material, but in how to translate it into a form that is understandable... not necessarily acceptable, but understandable to our culture.

*Q: Would you care to share some of those "tidbits" with us?*

*A:* Basically, we exist in waveforms. One key waveform is our entry point at birth and our exit point at death. That portion of the sine wave represents the "here", implying that the other half of the waveform, above the baseline, represents a "there", of which normal consciousness has little or no access or memory. When we examine that waveform more closely, we see that it is primarily a carrier for another waveform with a slightly different baseline. We spend approximately 2/3rds of our time below the line in wakefulness and 1/3rd above the line in sleep -- another "here/there" situation. And in theory, there's another, tighter sine wave imposed on waking consciousness and we're probably spending half our time "here" and half "there." For example, we know our perception of being "here" is limited by frequency. Just as when we see a series of still pictures flashed before our consciousness at 24 frames a second we see it as "motion pictures." That implies we might have the same limitation of perception in physical-matter reality and we are simultaneously existing elsewhere.

## ULTIMATE JOURNEY (cont'd)

And realize this is only a two-dimensional model for basic understanding. When you add a third dimension, and 360 degrees and fractions thereof around that baseline, the implications are tremendous.

One of my favorite questions is: Does HEMI-SYNC and the GATEWAY process enable us to perceive these other realities? The book takes the premise that exit/death and survival beyond it is just as natural as entry/birth. If the average person can realize that he already has a great deal of experience "there," the whole process becomes far more understandable and far less frightening. Additionally, we are at a point in human existence that we can become much more aware of our "unconscious" self or selves. Probably many of those now in mental institutions are simply more aware than most of these other existences and just do not know how to integrate this knowledge.

*Q: Why are most of us unaware of these other parts of our consciousness?*

A: Probably for a number of reasons. In the past, it's been essential for the survival of consciousness -- and that's usually translated into the overwhelming desire for physical survival. Apparently, there are certain things that can only be learned in a physical environment with this separation of consciousness. If one fully understood the "there" at all times, the scenarios we play out wouldn't have the same learning or growth potential.

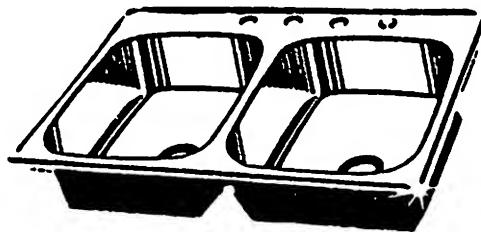
*Q: Why do you think humankind might now be ready to understand the "there?"*

A: This is not to say that other small segments of human culture haven't

understood this before... but now, a significant number of humans (certainly not the majority, but apparently enough) have grown intellectually so as to consider this other aspect and are able to receive input about this other reality without it destroying their consciousness. That's part of the learning process. The big barrier now is learning how to cope with it emotionally.

As this new overview comes into being, it can mean living a far more fulfilling life in physical-matter reality. And my intent in The Ultimate Journey is to provide those who are able to take such an overview with some very basic tools and exercises that will assist and accelerate the process. It will also provide various affirmations that can help those who are suffering from a terminal illness to "let go" and take the ultimate journey. I'm considering a subtitle: "Death, There is No Sting."

## HEMI-SINK



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# NON

"I'D HAVE A NERVOUS BREAKDOWN... BUT I DON'T BELIEVE IN SHRINES."  
—JOHN MELLENCAMP

Poor Chuckie. As we all know... it's hard enough to even begin to consciously attempt prime awareness recall/engagement while in human incarnation...  
...let alone sober up a previously non-matter-experienced transcendental extraterrestrial who has been on a perpetual party-and-beer binge ever since manifesting on Earth!!!

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